



State of New Jersey

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Commissioner

Dear Colleague:

Enclosed is a copy of a curriculum for home health aide in-service education, *Diabetes Education Module for Home Health Aides*. This document was prepared through a collaborative effort of the New Jersey Diabetes Control Program, the Community Intervention Workgroup of the New Jersey Diabetes Council, the Home Health Assembly and the Home Care Council.

Diabetes is a disease that affects the lives of many people. Minorities are affected disproportionately with diabetes. At the present time diabetes can not be cured, but it can be controlled. The incidence of diabetes increases with age and complications associated with the disease increase relative to the number of years a person struggles to control this chronic disease. The cost of diabetes in New Jersey is staggering. The direct cost (medical care) and indirect cost (lost productivity and premature mortality) of diabetes in New Jersey totaled about \$4.1 billion in 1997.

The information presented in this curriculum highlights important aspects of care: blood sugar control achieved through diet, medication, and exercise; foot, skin and mouth care; and other practical aspects of home health care. Masters to produce overheads and handout materials are included. The addendum information will provide additional background information for the program's presenter.

I hope that you find this curriculum an asset to your agency's in-service programming. My staff and I welcome your comments about how the curriculum was used in your agency and suggestions for improvement. An evaluation form is enclosed for your feedback.

Sincerely,

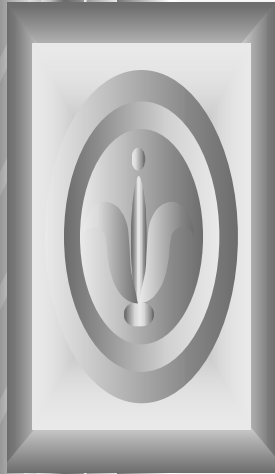
Clifton R. Lacy, M.D.
Commissioner

Enclosure



NEW JERSEY
Many Faces. One Family.

Care of the Patient With Diabetes In the Home: Education Module



**New Jersey Department of
Health & Senior Services**

**Diabetes Control Program
March 2002**





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The Care of the Patient with Diabetes In the Home: Education Module is a project that reflects an investment of time and expertise by the members of the Home Health Aide Curricula Committee.

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OVERVIEW

Program Description

This curriculum was developed in 2001 by the New Jersey Department of Health and Senior Services in consultation with diabetes specialists in both state and community agencies and with certified diabetes educators. The goal is to provide a basic framework of diabetes management information to assist the Home Health Aide (HHA) in caring for those with diabetes. This includes reporting observations and changes in the client with diabetes and, also, understanding his/her limitations involving the client's diabetes management plan. Hopefully, this educational preparation of the Home Health Aide will assist the nurse in his/her responsibility when delegating the care of a person with diabetes to a home health aide.

Presenters

Registered nurse, registered dietitian, or other professional staff member designated by the home health agency or other health care settings.

Suggested Audience

Home Health Aides (HHA), other Ancillary Personnel

Time Frame

Suggested format for this program would be a 1 to 2 hour timeframe.

Suggested Materials

1. Copies of the working manual for presenters;
2. Reprints of handouts;
3. Slide or overhead projector if requested by presenter;
4. Easel paper and markers;
5. Examples of blood glucose meters;
6. Food measuring equipment such as measuring cups, measuring spoons; household items such as margarine cups, ice cream scoop, ladle, water;
7. Food models, if available;
8. Food labels.

Curriculum Goal

The overall goal is to increase the knowledge among home health aides of the daily management of diabetes in the home care clients. This includes:

- the role of monitoring, food, and exercise;
- recognizing the symptoms of hypoglycemia and hyperglycemia;
- foot, skin and oral care.

Curriculum Objectives

At the end of this educational program, participants will be able to:

1. Describe the role of food management in controlling glucose levels;
2. Explain the importance of consistency in the timing of meals and in the quantity and quality of food consumed;
3. Describe methods of achieving accurate portion sizes;
4. Describe possible compromises regarding food when caring for the frail homebound population;
5. Explain the impact of carbohydrate intake on each meal and snack;
6. Describe the impact of table sugar on blood glucose levels; give 3 reasons for limiting sugary foods;
7. Identify useful nutrition label information;
8. Describe the use of sugar-free and no sugar-added foods;
9. Discuss the use of the Food Pyramid in achieving a nutritious meal plan;
10. State the 3 benefits and 2 risk factors associated with exercise and diabetes;
11. State appropriate exercise strategies;
12. State 2 reasons to stop the exercise;
13. List 3 signs and symptoms of hypoglycemia and 3 treatment options for hypoglycemia;
14. List 3 signs and symptoms of hyperglycemia;
15. State purpose of blood glucose monitoring;
16. Describe appropriate foot care, mouth care and skin care.

BURDEN OF DIABETES

Diabetes is a disease that affects the lives of many people. Diabetes cannot be cured at the present time, but it can be controlled. There are an estimated 16 million people who have diabetes in the United States. Unfortunately, 1/3 of them do not know that they have diabetes. There are 312,195 people diagnosed with diabetes in New Jersey. It is estimated that about an additional 2,227,951 adults are at risk for diabetes or have diabetes and are undiagnosed. Of the people diagnosed with diabetes, 52% of them are over 65 years old.

Diabetes puts a heavy toll on the population with regard to quality of life, high medical costs of taking care of diabetes and diabetes related problems, and loss of life. In 1997 diabetes was the sixth leading cause of death in New Jersey, while nationally diabetes ranked seventh as the cause of death from disease. The direct care costs due to diabetes in New Jersey in 1997 were \$4.1 billion.

Diabetes can cause problems with every organ in the body. Blindness, kidney failure, heart attacks, strokes, nerve damage, and foot/leg amputations can result from diabetes. However, most of these complications are preventable.